

# **HEALTH SCREENINGS**

ALL SCREENINGS LISTED BELOW ARE REQUIRED FOR ENROLLMENT (USUALLY ON ENTRANCE PHYSICAL). THEY ARE REPEATED ANNUALLY BY THE SCHOOL NURSE, IF NOT DONE BY PRIVATE PHYSICIAN BEFORE THE SCREENING DATE.

## **BLOOD PRESSURE**

If at or above 130/70 it will be rechecked every 3 months and charted. Significantly high blood pressures for stature or a large change from baseline e.g. 160/80 for a student who has been 120/60 will be referred for medical follow-up.

## **HEIGHT**

If less than bottom 5th percentile on growth chart or a large variance from growth curve is noted, the student will be referred, if no history regarding growth is noted on the health record.

## **WEIGHT**

Notable increase or decrease in weight over the period between screenings, weight more than 50% out of proportion to height on growth curve or more than 20% over or under recommended weight for height may be referred for medical follow-up.

## **VISION - TITMUS SCREEN**

Less than 20/40 both eyes or a change of at least 10 from previous screen or between Rt. & Lt. eye e.g. both eyes were 20/15 and now Rt. is 20/30 and Lt. is 20/15, will be referred for medical follow-up.

## **HEARING - PURE TONE**

Less than 30 at all decibels (250/500 – 6000/8000) recheck in a week before referral for medical follow-up; student must be free from sinus congestion for screening. May do otoscopic screen to visualize wax build up and recheck after wax problem has been resolved.

## **SCOLIOSIS**

Scoliosis is a lateral curvature of the spine, most commonly found during the adolescent growth period. It is estimated that between five and ten percent of school children have a curvature in varying degrees. However, only about two percent of these are significant. The effect of scoliosis depends upon its severity, how early it is detected, and how promptly treatment is received.

New Jersey law requires biennial screening of students between the ages of 10 & 18 to promote early identification of scoliosis. All students are screened by their physician as part of their entrance physical. At least once during the period of enrollment, the nurse will screen to verify health history findings. (Done at Bishop Eustace in 10th grade).

It is a simple examination, requiring observation of the spine and adjacent muscle masses as the student bends and returns to an erect position. Students will be required to remove shoes, shirts and blouses. Appropriate measures will be taken to preserve modesty. The exam takes 30 seconds. Parents will be notified of any suspected problem indicated by a change from what is currently noted on your child's health profile.

## **REQUIRED PHYSICAL EXAMS BY A PHYSICIAN**

- 1. ENTRANCE PHYSICAL** - All 9th grade and transferees.
- 2. SPORT PHYSICALS** must be submitted **BEFORE** participation in "Conditioning, Tryouts, Practice or Play for any school team. Deadline for "Fall Sports" submission is **August 1<sup>st</sup>**. Since the form must be reviewed by the School Nurse, who generates a list of students "Cleared to Play," and the Nurse is not in on a regular basis during the summer, physicals should be submitted at least 2 weeks prior to anticipated participation. Other seasons have their own deadlines for submitting forms. Students are notified well in advance of these dates. Once the physical is submitted, only a "**Health History Update Questionnaire,**" part of the "**Athletic Permission Forms**" **Packet,** is required for subsequent seasons. A physical exam dated >365 days prior to the first day of a sports season is **NEVER** acceptable.
- 3.** The form used for ALL Physicals is the "**Pre-Participation Evaluation: History, Physical Exam and Clearance**" **Form + PPE Addendum.** See **Health Services >Forms.**

**IMMUNIZATION AND MEDICATION UPDATES DUE** - A 6 week prior, "Notice of Reminder to Update Immunizations" or "Medications" will be mailed home on a timely basis.